PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Ephedra viridis Coville

GENUS *Ephedra* **FAMILY** Ephedraceae

COMMON NAMES Mormon tea, Green ephedra, Green joint-fir

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Stems - tea

The twigs are broken into small pieces and used to make tea. Sugar, lemon juice or strawberry jam can be added. Roasting the twigs helps improve the flavour.
The seeds are roasted and eaten or ground into flour.

DESCRIPTION

An erect evergreen shrub. It grows 1.2 m high and spreads 90 cm wide. The branches are thin and green. The leaves are long and narrow. The plants have separate male and female flower-like cones.

HABITAT

It is a temperate plant. It does well in sandy soil and a sunny position. It suits hardiness zones 6-10.

PRODUCTION

Cultivation

It can be grown from seed, or by division of the plant.

NOTES

There are about 40 Ephedra species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/397f8202-00fb-4fcc-a615-a73b60e5215b